

EL MORRO

Vol. 43 No. 10

Fort Buchanan, Puerto Rico www.buchanan.army.mil

October 2008

Community Covenant in PR Army Strong!



See Pg. 3.



FROM THE COMMANDER:



Col. Edwin C. Domingo
Garrison Commander

October —
Army
Community
Covenant

Last month, Fort Buchanan conducted the Army Community Covenant signing ceremonies with the Mayor of San Juan, the Honorable Jorge Santini, the Puerto Rican Legislature led by the Honorable Kenneth McClintock, President of the Senate of Puerto Rico and the Honorable Jose F. Aponte Hernandez, President of House of Representative and Luis R. Ramos, Puerto Rico Public Advocate for Veterans Affairs. The Army Community Covenant represents a true commitment of the municipal government of San Juan, the Puerto Rico legislators, and the Puerto Rico Public Advocate for Veterans Affairs in improving the quality of life of those who serve and those who go above and beyond to contribute to world peace and freedom. We are proud of our partnership with the signers of the Army Community Covenant and their leaders who through their various programs and services support our Soldiers and their families. We, the Soldiers of the United States Army were proud to sign The Army Community Covenant municipal

and commonwealth leaders and members of the Senate and House of Representatives of the Commonwealth of Puerto Rico in a significant date that reminds us of the attacks of 9/11. The Army Community Covenant lets our Soldiers and their families know through the commitment of our leaders that they are not forgotten, that their sacrifices are not in vain and that the legacy of freedom will live on. Your community leaders have pledged to do more. To that end, the Civilian Aide to the Secretary of the Army, Maj. Gen. (Ret.) Felix A. Santoni; Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command; U.S. Army Reserve Ambassadors Luis A. Berrios Amadeo and Horacio Cabrera and I, on behalf of our Army, have signed the Army Community Covenant with the municipality of San Juan, The Puerto Rican Legislators, and the Luis R. Ramos, Puerto Rico Public Advocate for Veterans Affairs. With this Covenant, together, we are committed to building strong communities.

We, through signing the

covenant with the Community, recognize —

- The commitment Soldiers and their Families are making every day.
- The strength of Soldiers comes from the strength of their Families.
- The strength of Families is supported by the strength of the Community.
- The strength of the Community comes from the support of employers, educators, civic and business leaders, and its citizens.

We, the Community, are committed to —

- Building partnerships that support the strength, resilience, and readiness of Soldiers and their Families.
- Assisting in the implementation of the Army Family Covenant.

I ask each of you to join our Army in committing to the principles of this Covenant. Our All Volunteer Force, Soldiers and Army Families — these few deserve the support of us all, the many. Soldiers, Families, the United States Army — the strength of our Nation.

Army Family. Army Strong!

Army Family Covenant

We recognize the commitment and increasing sacrifices that our families are making every day.

We recognize the strength of our Soldiers comes from the strength of their families.

We are committed to providing Soldiers and Families a Quality of Life that is commensurate with their service.

We are committed to providing our families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army Families that enhances their strength and resilience.

We are committed to improving Family readiness by —

- Standardizing and funding existing family programs and services.
- Increasing accessibility and quality of health care.
- Improving Soldier and Family housing.
- Ensuring excellence in schools, youth services and child care.
- Expanding education and employment opportunities for Family members.



CSM David Davis
Fort Buchanan
Command Sgt. Maj.

The Games of the 29th Olympiad are finally over and are most likely a distant memory in minds of the nearly 4.7 billion people who are said to have watched the

Leadership — a continuing commitment to excellence

Games according Nielsen Media Research. The 2008 Beijing Summer Olympic Games was the most-viewed event in American television history.

The Olympics was also the year for athletic records as the Games saw 43 new world records and 132 new Olympic records set. Overall, 958 medals were presented with the United States coming in first earning 110 medals, China second with 100 medals, and the Russian Federation third with 72 medals. Amazingly, nearly 10,500 athletes from 204 countries participated in 28 different sporting events.

Equally noteworthy, China spent nearly 41 Billion dollars on new training centers, stadiums, and numerous infrastructure projects. In comparison,

Germany spent 650 million dollars to host the 1936 Games and Atlanta spent 1.7 billion to host the 1996

day, the Games world's display in skill, courage and strength. It is this love and spirit of the Olympic Games that reminds me of a quote from Vince Lombardi, one of footballs most accomplished and respected coaches, who said, "The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." Aristotle, the



Greek philosopher professed, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Unlike the modern Olympic Games of nationalism and team competition, ancient athletes competed as individuals. The emphasis on individual athletic achievement through open competition was related to the Greek ideal of excellence, called *arête*. Aristocratic men who attained this ideal, through their great words or deeds, won permanent glory and recognition. Those who failed to measure up to this code feared public shame and disgrace.

It's not quite like that today, but excellence is an important and fundamental component of success in general — militarily, as an organization and individu-

ally. It is also the foundation of a commander's Vision and Mission statement. And, it is the compelling view of expectations — the empowerment of us as individuals to do something and meaning ultimately driving us to higher levels of accomplishment and distinction. So essential is the principal of excellence and empowerment, the Army leadership uses it as a comparative measurement among officers specifically, noncommissioned officers. No where is this more apparent than the Noncommissioned Officer Evaluation Report or NCOER. NCOs are measured not only by the Army Values and potential, but by Excellence, Success or Needs Improvement.

See CSM — Page 17



Commanding Officer
Col. Edwin C. Domingo

Command Sergeant Major
CSM David Davis

ADep. to Garrison Cdr.
Magda Figueroa

Act. Public Affairs Officer
Grissel Rosa

El Morro Editor
Marc McCormick

PAO Assistant
Jackie Ferrer

Media Relations
Pedro Silva

1st MSC PAO
Capt. Anthony John

El Morro is an authorized publication printed in accordance with Army Regulation 360-1.

Contents of El Morro are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army or U.S. Army Garrison, Fort Buchanan.

El Morro is published October by the Public Affairs Office, U.S. Army Garrison. Circulation 5,000. All editorial content of El Morro is prepared, edited, provided and approved by the U.S. Army Garrison Public Affairs Office.

Deadline for submission is 4 p.m. Friday, one week prior to publication. Submissions must be in electronic (MS-Word) and hard copy formats and include all text, photographs and graphics intended to accompany the submission.

The Editor reserves right to edit all submissions and to determine the suitability for inclusion in El

Morro. Every effort will be made to publish submissions in a timely manner, however, time, layout, style and editorial considerations, as well as determinations made by the Commander or the Public Affairs Officer to determine if the submission is published.

MAILING ADDRESS
Public Affairs Office, U.S. Army Garrison
ATTN: IMSE-BUC-PA
218 Brooke Street
Fort Buchanan, Puerto Rico 00934-5000

STORY SUBMISSIONS —
Email to: grissel.rosa@us.army.mil

TELEPHONE NUMBERS
(787) 707-5776/4487/ FAX: (787) 707-3362.

1st MSC STORY SUBMISSIONS —
Email to: Anthony.John@us.army.mil

TELEPHONE NUMBER
(787) 707-567-0246.





Ambassador receives briefing from 1st Mission Support Command Soldiers



Capt. Anthony John

As part of his global presentation of "Being a Reserve Soldier in 2008," U.S. Army Reserve Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, listens proudly as members of his command, take turns explaining to Ned L. Siegel, U.S. Ambassador to the Bahamas, the very unique experiences they had while serving either in Afghanistan or Iraq. Staff Sgt. Thania Cesareo of Bayamon and Sgt. Elamar Quinones of San Juan, 271st Human Resources Company, went to Iraq, and Specialist Bayoan Reveron, 430th Quartermaster Company, who went to Afghanistan.

1st MSC in the news...

- 125th MPs welcomed home, Pg. 18.
- Bahamas brief, Pg. 18.
- 9/11 Soldiers medal ceremony, Pg. 19.
- PRNG Youth Challenge, Pg. 19.
- Renacer '08 Dominican Rep., Pg. 20
- Panamex '08 Guatemala, Pg. 20

Sgt. Elamar Quinones, 271st Human Resource Company, explains to the staff of the U.S. Embassy in Nassau, Bahamas where the shrapnel is located in her back that she received during her tour in Iraq in the Global War on Terror which made her the first Puertorriquena U.S. Reserve Soldier to receive the Purple Heart.



Capt. Anthony John



Leo Martinez

Army Community Covenant

(Left) Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command and Fort Buchanan Commanding Officer Col. Edwin C. Domingo sign an Army Community Covenant with the Puerto Rico legislature and members of San Juan Municipal government. Story on Page 10.

CBCHO transforms to CBWTU

Fort Buchanan unit changes name and expands services for Wounded Warriors.

Marc McCormick
El Morro

As part of the old Fort Buchanan Headquarters and Headquarters Company, the Military Retention Processing Unit had the duty of helping Wounded Warriors who returned to Puerto Rico.

As the Soldiers' needs increased, the MRPU was stood down and absorbed in the Southern Medical Command as the Community Based Health Care Organization of Puerto Rico. Its mission stayed the same and actually increased as more services became available for Soldiers.

Now, the CBHCO has transformed again because of mission requirements. The unit is now designated as the Community Based Warrior Transition Unit. It is more than just a name change.

1st Sgt. Edwin Padilla spoke about the mission of the CBWTU saying, "We currently have 84 Soldiers assigned to the unit. Now, we have expanded our facilities and support and next door we have case managers, doctors so everything is co-located."

Some the functions now performed at the CBWTU have been moved from Rodriguez Health Clinic and an attempt is made to centralize everything the Soldier needs.

"We provide the Soldiers with Veterans Administration benefits coordination, financial counseling for the Soldier and their families; we provide the family assistance with housing problems, mental health issues and religious services, and whatever else they need," Padilla said.

The process works when a wounded Soldier is assigned to a Wounded Warrior Transition Unit in the states. If the Soldier is from Puerto Rico, they are evaluated, and if the services needed are available in Puerto Rico, they are transferred to Fort Buchanan. "This is not 100 percent," Padilla said, "Some Soldiers ask to stay in the states." However, the vision is to get the Soldier as close to his home as possible. "We also want the Soldiers to stay with their families but there must be reliable transportation. The Soldiers are able to receive medical care in their local area," he said.

The system is geared for efficient Soldier support. "When the Soldier comes here he is assigned a platoon sergeant. He is also assigned a case manager and a primary care provider," he said. "There will also be a psychologist and a psychiatrist available."

"The platoon sergeant arranges the place of duty for the Soldier where they report Monday through Friday. The work they do is in line with their capabilities which is limited by their condition," he said. "We have one platoon sergeant for every 50 Soldiers." The Wounded Warriors are still considered Soldiers and have to behave accordingly.

Completion in the program can result in the Soldier either going back to his unit or having his profile submitted to a medical board here in Puerto Rico. In the states, the medical board is at Fort Gordon.

Since 2004, the CBWTU, in all its forms, has processed more than 1,000 Soldiers. An assessment from the Soldiers so far - "They are happy with the treatment they get here," Padilla said, a great compliment to the CBWTU.

Some of the issues the Soldiers and the CBWTU contend with are entitlements not coming in force quickly and too much time between VA appointments. One issue that was quickly solved by the CBWTU involved Fort Buchanan Command Sergeant Major David Davis - head of line privileges at the Welcome Center. "Sergeant Major Davis stepped right in when I brought it to his attention," Padilla said. "He immediately saw to it that the Wounded Warriors did not have to wait for service."

Another way that Fort Buchanan shows its commitment to the CBWTU, working together, help our Soldiers.

Special Extra Earnings for Military Service

Michael K. Cooper Sr
Assessment Division (N81)
2000 Navy Pentagon 4D453

Anyone who's had active duty service prior to January 2002 and planning for retirement may qualify for a higher social security payment because of your military service, for active duty any time from 1940 through 2001 (the program was done away with in January 2002). Up to \$1200 per year of earnings credit credited at time of application — which can make a substantial difference in social security monthly payments upon your retirement. You must bring your DD-214 to the Social Security Office - and you must ask for this benefit to receive it! For more information, visit the Social Security Web site at <http://www.ssa.gov/retire2/military.htm>. This is something to put in your files for when you apply for Social Security down the road. It is NOT just for retirees, BUT anyone who has served on active duty prior to January 2002. This benefit is not automatic, you must ask for it!



Suicide can be prevented

Marc McCormick
El Morro

Fort Buchanan recently embarked on an aggressive program to address an issue that has emerged from the Global War on Terror suicide prevention.

The U.S. Army is not statistically showing a large increase in suicide rates for the size of the Army, but the Army does take prevention of suicides seriously and is vigorously addressing the issue. One suicide that could have been prevented is one too many.

All garrison's employees, as part of an Army wide outreach, have attended Suicide Prevention class.

The purpose of the class is to educate civilian employees and military members on the warning signs that a Soldier may be contemplating suicide.

The two hour class was moderated by Chap. (Capt.) Jesus Muñoz and Sgt. Angelica Thompson. They took the participants through the warning signs and then demonstrated the use of the working knowledge by presenting several case scenarios.

With each scenario, the audience was encouraged to decide the best course of action to take. During the exercise, audience members were asked to provide their observations of the examples.

For one, Dr. Irma Julia, spoke about the feeling of hopelessness, one of warning signs of a person thinking about suicide.

Throughout the give and take of the training, it was apparent that people demonstrate the need for intervention in several ways and that paying attention to the ways in which they express their mental state early intervention can be the difference between life and death.

Such behaviors as giving away their possessions, not interacting with friends, finding no pleasure in their daily life, all of these are just a few of the many signs of the mental desperation being quietly suffered by suicide's victims.

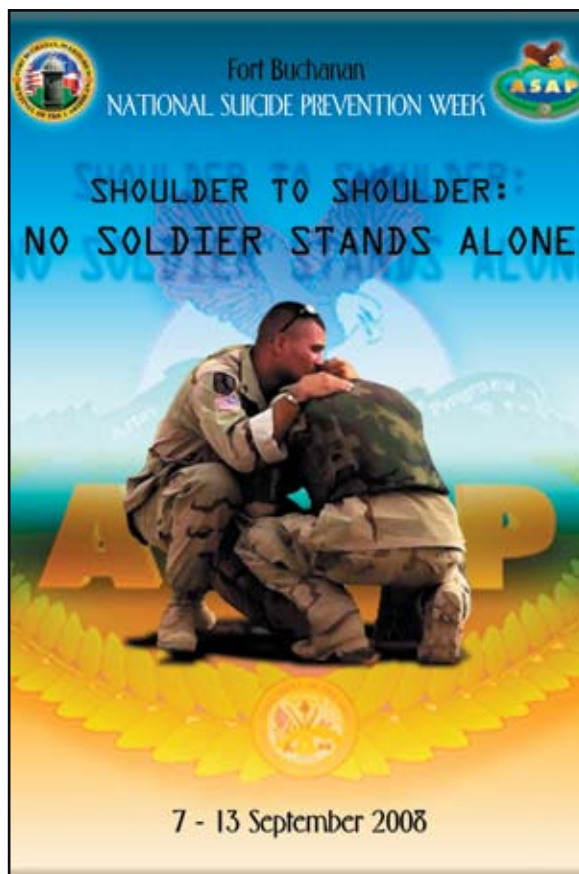
One major lesson of the training was that help is available.

Often times help is only had when a person close to the potential suicide victim takes the step and sees that the person involved gets that help.

Fort Buchanan offers several ways to help starting with the Religious Services Office and Alcohol Substance Abuse Program counseling.

Not everyone will reach out for help, but, as a friend and fellow Soldier, it is our duty to help those who have sacrificed so much and now need our help.

Saving lives begins close in.



Photos by Marc McCormick

Chap. (Capt.) Jesus Muñoz, Fort Buchanan Religious Services Office was the featured speaker for Suicide Prevention Week training presented at the garrison chapel. Soldiers and civilian members of the garrison work force attended the session.

Ft. Buchanan becomes proactive in prevention

Gisela M. Aponte
Installation ADCO

The Fort Buchanan Family is committed to make our installation and community a suicide prevention-aware environment for Soldiers, families, and Department of the Army civilians.

The Army remains committed to the safety and well being of its Soldiers, civilians, and families and this year joined the nation and Department of Defense in observing National Suicide Prevention Week, that took place from Sept. 7 - 13, 2008, and the World Suicide Prevention Day on Sept. 10, 2008.

Installation Management Command joined the Army G-1, the Department of Defense and the nation in observing National Suicide Prevention Week. The Army's theme this year is — "Shoulder to Shoulder: No Soldier Stands Alone."

The campaign obtained involvement from all organizations on the garrison.

IMCOM encouraged participation and support from all individuals at Fort Buchanan, including Soldiers, civilian employees and family members. All the Ft. Buchanan population was encouraged to support this campaign, which marked the beginning of a comprehensive campaign aimed at deterring suicides in the Army. Events throughout the week emphasized suicide and risk reduction education, awareness and training activities for the entire Ft. Buchanan Community.

The Army Substance Abuse Program took the lead and set up a suicide prevention information table in observance of the National Suicide Prevention Week at different strategic locations on post. Information tables were located at the Welcome Center, Rodriguez Army Health Clinic, Fitness Center and the Main Lobby of the PX reaching more than 117 Soldiers from different branches and 312 Civilians and family members.

The Army Substance Abuse Program partnered with the Religious Service Office, providing Suicide Prevention training for Soldiers and civilians who work at Fort Buchanan. The training took place at the Installation Chapel during the World Suicide Prevention Day on Sept. 10. 432 Soldiers and civilian employees attended the class.

Remember, if you feel depressed, hopelessness, despair, sad, or a sense of lost or helplessness, We can help! "Shoulder to Shoulder: No ONE Stands Alone."

If you need HELP go to Web site www.militaryonesource.com or call the National Suicide Prevention Lifeline 1-800-273-TALK (8255).

For referrals, contact the Chaplain Office during duty hours 707- 3405 or the on duty chaplain after duty hours (787) 505-4783.



Gisela Aponte, Fort Buchanan ADCO, speaks with Master Sgt. William Russell prior to the Suicide Prevention Week training held at the garrison chapel. Aponte also had information tables throughout Buchanan with materials and advice for concerned Soldiers and civilians. The ASAP office provides confidential counseling and referral services.



Staff Sgt. Angelica Thompson, Fort Buchanan Religious Services Office, delivered case scenarios during Suicide prevention Week training.



More than 150 people turned out for BOSS Salsa night at the Fort Buchanan Community Club Sept. 27.

Hosting the event left to right were Fort Buchanan Commanding Officer Col. Edwin C. Domingo; Roberto Fernandez, BOSS FMWR Advisor; Spc. Tiffany Roman; Mara Clemente, Chief, Community Recreation Division; Sgt. 1st Class Africa Thomas, BOSS President; Fort Buchanan Command Sergeant Major David Davis and Master Sgt. William Russell.

BOSS is a program that supports single Army Soldiers through various professional and recreational programs.



Fort Buchanan emphasizes Army Values

CSM David Davis
CSM Ft. Buchanan

The seven Army Values – Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage – embody the necessary elements for personal and organizational success. “Army Values are a snapshot in excellence and at the heart of the matter is the living and working purpose of those values” said Command Sergeant Major David G. Davis, Fort Buchanan’s Garrison Command Sergeant Major. Soldiers, by intent, live the Army Values to the best of their ability. Shoulder to shoulder, teamwork becomes defined by Army Values. But, Army Values do not stop at the Soldier.

Fort Buchanan Commanding Officer, Col. Edwin C. Domingo and Command Sergeant Major David G. Davis and the rest of the leadership support the system of beliefs embodied in the Army Values. As a means to educate the entire community and drive home the idea of living the Army Values each and every day, Command Sergeant Davis pitched the idea of visually representing the seven Army Values with a row of signs each depicting one of the Values. The commander gave the green light and the construction began.

Command Sergeant Davis joined with the Director Public Works, Pascual Quinones, and other dedicated workers from DPW and enthusiastically designed the signage. Through their efforts the Buchanan leadership was able to incorporate Army Values as part of the Fort Buchanan Community and Family Covenants.

The signs, across from the library and Teen Center, can be seen by every vehicle traveling to the commercial area of the garrison. Large enough to read, without distracting drivers, the signs are a constant reminder of the values and ideas the Army considers to be the primary motivating force for Soldiers and civilian employees. The signs are a method for Fort Buchanan to state unequivocally that we are all Army Strong.



Marc McCormick

Drivers on the garrison are daily reminded of Army Values by the signs along side the road leading to the garrison commercial area.



Amanda Rojas
Ft. Buchanan RMO

Credit Card Change Notice

Fort Buchanan personnel need to activate their new Citicard for TDY and traveling purposes.

In August, Citicard mailed out new government travel charge cards to Fort Buchanan Bank of America cardholders. Only those Bank of America cardholders with new accounts since April 2008 should NOT have received a Citicard.

It is imperative that all those who received a new Citicard call the bank to verify they received the card. The Citicard will be activated on Nov.30, 2008. If you are going TDY prior to that date, continue to use the Bank of America.

In October we will receive instructions on how Bank of America cardholders who did not get a Citicard can apply for one as well as travelers who did not have a Bank of America based on closure or denial.

All those who have NOT received a Citicard, please send an email to — manuela.barrera@us.army.mil or call Manuela Barrera, X2848. You can also contact Amanda Rojas at 707-2731 or by email to amanda.rojas@us.army.mil.

Travel planning changes at Buchanan

Alba Ortiz
Transportation Director

Effective Sept. 29, 2008 Fort Buchanan will no longer have a Commercial Travel Office operating on post.

Under the new Worldwide Commercial Travel Services Contract, Fort Buchanan will be served via a Call Center at local travel agency Viajes Galiana Travel Agency. Customers will no longer have a face to face contact with the Commercial Travel Office.

Transactions will be made via telephone calls, e-mails and facsimile. The Department of Logistics Transportation Office will continue to provide assistance for all travel needs, serving as liaison between CTO and our customers.

CTO travel services hours will continue to be from 7 a.m. to 4 p.m., Monday through Friday.

Their switchboard telephone number is 787-273-6140. The facsimile number has changed to 787-474-7316.

Emergency phone number after duty hours is 1-800-468-2986.

There are not many changes in the procedures to obtain official travel tickets.

- TDY through DTS – no impact with the transition. Make sure your Individual Billing Account is current and on your DTS profile.

- Persons on TDY (not through DTS), PCS, and emergency leave will contact CTO to make reservations as soon as you know you are traveling. Provide valid phone number(s) and e-mail address(es). Fax or e-mail travel orders not earlier than 3 days prior to departure date.

- Transportation personnel will assist walk-in customers.

- CTO will e-mail itinerary and invoice to our customers.

These documents can also be accessed through their Web site at www.virtuallythere.com.

- Unit movement travel (group of 21 or more passengers) will be coordinated through our Unit Movement Section.

Points of contact for further information are — Travel Section 707-3731/3544, Traffic Manager 707-3525 and the Transportation Officer at 707-3258.



They said it...

Gladys Colón-Algarín – Community Liaison Education & Outreach Services Director: “Every job is a self portrait of the person who did it. Autograph your work with excellence.”



Installation Commander's Proclamation

To the Fort Buchanan Community —

Our Fort Buchanan Family depends on the Four Cornerstones of Army Well Being: To Serve, To Live, To Connect and To Grow. Domestic Abuse undermines Army Well Being.

We need all Soldiers, Civilians, Family Members and Retirees at this installation to dedicate themselves to the prevention of domestic abuse.

And we need the commitment of the community at large to collaborate with us in the prevention of domestic abuse. In this high-stress/optempo environment, we need our community to recognize —

- The commitment Soldiers and Family Members are making every day.
- The strength of Soldiers comes from the strength of their Families.
- The strength of Families is supported by the strength of the Community.
- The strength of the Community comes from the support of Employers, Educators, Civic and Business Leaders and its Citizens.

Our Army Community Service works everyday to build community partnerships that support the self-reliance, resiliency and readiness of Soldiers and their Family Members during times of war and peace. This is the power to prevent domestic abuse. Soldiers, Families and Community — working together they form The Perfect Combination for Prevention.

In the Fort Buchanan Community the Army Family Advocacy Program is charged with the mission of prevention. If you have questions, contact the Family Advocacy Program Manager at 787-707-3709.

I call upon every Soldier, all Families, and the total community to become a part of The Perfect Combination for Prevention. To reinforce that commitment, I hereby declare October 2008 to be Domestic Abuse Prevention Month at Fort Buchanan.


EDWIN C. DOMINGO
Colonel, FA
Commanding

"Together We Can Prevent Domestic Abuse" — October 2008 Domestic Violence Awareness Month

OCTOBER: DOMESTIC VIOLENCE AWARENESS CAMPAIGN

THEME: *The Perfect Combination for Prevention*
Together We Can Prevent Domestic Abuse



WHY PURPLE?

Bruises women have sustained at the hands of their abusers.

Almost four million American women were physically abused by their husbands or boyfriends in the last year alone.

A woman is physically abused every nine seconds in the country.

Two-thirds of attacks on women are committed by someone the victim knows — often a husband or boyfriend.

Women are more often victims of domestic violence than victims of burglary, muggings, or other physical crime combined.

Forty-two percent of murdered women are killed by their intimate male partners.

GET INVOLVED! WE CAN ALL MAKE A DIFFERENCE!

For additional information please call Ms. Wilda Diaz, Family Advocacy Program Manager at 787-707-3709

OCTOBER 2008 — Domestic Violence Prevention Month in the Army
The Perfect Combination for Prevention
Together We Prevent Domestic Abuse

Family Advocacy Program Events

Men Against Domestic Violence Art Project at Army Community Services, Bldg. 1019-C, for for hand printing or signing Family Advocacy Program's Art Project October 1 - 31, 2008.

Domestic Violence Awareness Educational Booth at AAFES
11 a.m. to 3 p.m., Oct. 2.

New Parent Support Program/Morning Playgroup trip to Community Club for Child Find Event
11 a.m. to Noon, Oct. 15, 2008.

Prevention of Teen Dating Violence Training at DDESS/Antilles High School
9 a.m., Oct. 22, 2008.

Family Well Being Training in Collaboration with the Religious Support Office at the Installation Chapel for the CBWTU
1 p.m., Oct. 23, 2008.

Domestic Violence Awareness Silence Walk starting at DDESS/Antilles Elementary School
8:15 a.m., Oct. 27, 2008.

Domestic Violence Awareness Educational Booth at Welcome Center
10 a.m. to 2 p.m., Oct. 31, 2008.

For additional information or training request, contact Carmen Teresa Rivera, FAP Educator at 707-3709 or Wilda Díaz, FAP Manager at 707-3709.



Emergency Kits

Everyone should maintain a basic level of preparedness for all potential hazards. You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

To fully prepare your family for an emergency, get one or more emergency kits that include enough supplies for at least three days. Keep a kit prepared at home and consider also having kits in your car, at work and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your various emergency kits will be useful whether you have to shelter in place or evacuate.

What to Put in Your Basic Home Kit —

- Water—at least one gallon per person per day for at least three days (Consider iodine and a filtration system to treat water if your supply runs out.).
- Food—nonperishable food for at least three days.
- Manual can opener.
- First aid kit.
- Prescription medications and medical equipment/care aids.
- N95- or N100-rated dust masks.
- Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties.
- Flashlight.
- Battery-powered or hand-crank radio and cell phone charger.
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio.
- Extra batteries.
- Cash in the local currency.

- Any tools needed for turning off utilities.
- Local maps and your family emergency plan.
- Your command reporting information.
- Important documents, including will, medical and financial power of attorney, property documents, medical instructions.
- Emergency preparedness handbook.
- Infant formula and diapers.
- Pets supplies, including food, water, medication, leash, travel case and documents.
- Reusable plates, paper cups, plastic utensils, saucepan and portable stove.
- Disinfectant.
- Matches or flint in a waterproof container.
- Sleeping bag or other weather-appropriate bedding for each person.
- A weather-appropriate change of clothes for each person.
- Coats, jackets and rain gear.
- Fire extinguisher.
- Paper and pencil.
- Books, games, puzzles, toys and other activities for children.
- Any items necessary for a specific type of disaster.



Fire Prevention Week Focus on year ‘round family, home safety

Fire Inspector Axel Miranda
Ft. Buchanan Fire Dept.

Home fires cause more than \$10.7 billion in property damage each year, and more than 3,000 deaths. That’s the bad news. The good news is that most fires are preventable. While everyone makes mistakes, the good news is that you can vastly cut down deadly fire risks by exercising good safety habits and simple prevention steps.

Cooking fires —
Cooking fires pose a serious hazard. Always stay near the stove when cooking. Avoid wearing loose sleeves while cooking; they can be ignited by a burner or a grease splatter. You’ll also want to keep curtains and other flammable materials well away from the range or oven. And never put water on a grease fire, which can cause the hot grease to splatter, burning you or spreading the fire. Instead, smother it with a lid or another pan, then turn off the burner. Leave the lid in place until it has cooled off completely.

Oven fires —
Be sure to remove any food or grease that spills inside the oven. Stand to the side of the door when opening to avoid

smoke and heat. If there is a fire in the oven, turn off the oven and allow the fire to die down before opening the oven door. After extinguishing the fire, be sure to relight the pilot flame or shut off the gas to the appliance. If a fire breaks out in a microwave oven, keep the door closed and unplug the unit. Don’t try to remove burning containers from a microwave.

Open flames —
Don’t leave candles burning unattended or after going to bed. Keep them away from children and make sure they have sturdy candleholders. During power outages flashlights and lanterns, not candles.

Careless smoking —
Cigarettes are the leading cause of fire deaths. Never smoke in bed or in a place where you may fall asleep. Also, use deep ashtrays so a lit cigarette won’t roll out and fall onto rugs or furniture. It’s also a good idea to run water over an ashtray before emptying it into the trash. A smoldering cigarette butt could set the trash on fire.

Electrical wiring —
You can’t see wires hidden inside walls and ceilings, but there are some warning signs of electrical problems. If lights dim
See Fire ————— Next Page

The History Behind Fire Prevention Week Oct. 7 — 13

The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred on Oct. 9, 1871.

This tragic conflagration killed 300 people, left 100,000 homeless, and destroyed more than 17,000 structures.

Ever since its occurrence, the origin of the fire has generated speculation, with fact and fiction becoming blurred over the years.

One popular legend has it that Mrs. Catherine O’Leary was milking her cow when the animal kicked over the lantern, setting the O’Leary’s barn on fire, and starting the spectacular blaze.

However, the massive fire began; it swiftly took its toll, burning more than 2,000 acres in 27 hours.

The City of Chicago quickly rebuilt, however, and within a couple of years, residents began celebrating their successful restoration by memorializing the anniversary of the fire with festivities.

Intending to observe the fire anniversary with a more serious commemoration, the Fire Marshals Association of North America, the oldest section of the National Fire Protection Association, decided that the 40th anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention.

So on Oct. 9, 1911, FMANA sponsored the first National Fire Prevention Day.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation.

Moreover, every year since 1925, the president of the United States has signed the proclamation pronouncing the Sunday-through-Saturday period in which October 9 falls a national observance.

For 70 years, the nonprofit NFPA has officially sponsored and selected the theme for the national commemoration of Fire Prevention Week, honoring the anniversary of the Great Chicago Fire and using the events to increase awareness of the dangers of fire.

When President Calvin Coolidge proclaimed the first National Fire Prevention Week, Oct. 4-10, 1925, he noted that in the previous year some 15,000 lives were lost to fire in the United States.

Calling this loss “startling,” President Coolidge’s proclamation stated, “This waste results from conditions which justify a sense of shame and horror; for the greater part of it could and ought to be prevented..

“It is highly desirable that every effort be made to reform the conditions which have made possible so vast a destruction of the national wealth.”

Fire Prevention Week 2008 is Oct. 5-11 with the theme “Prevent Home Fires.

For a courtesy inspection of your home, contact the Fort Buchanan Fire Department at 707-3410/3520.



FIRE & EMERGENCY SERVICES
WOULD LIKE TO INVITE YOU TO OUR
FIRE PREVENTION WEEK
OPEN HOUSE



FRIDAY October 10th
1300-1600
Bldg # 1321 Fire Station
Chrisman Road

Safety Presentations and Demonstrations, Equipment Demonstration,
Educational Videos, Emergency Procedures,
Fire Extinguisher Use, Sparky & The Robots
Fire House Tour



“Prevent Home Fires”

Fire Prevention Week Activities Oct. 3 -11

DATE	TIME	AREA	ACTIVITY
Oct. 3	4 p.m.	Base Housing	Distribute Literature
Oct. 6	7:40 – 8:20 a.m.	AMS Cafetrorium	Sparky and distribute Fire Prevention Video - How to Prevent Home Fires
	9 a.m.	Bldg. 390 Commander’s Office	Sparky the Robot, Sparky & Distribute Fire Prevention Materials
	9:30 - 11 a.m.	Post Exchange & Commissary	Sparky & Distribute Fire Prevention Materials
Oct. 7	9 - 10 a.m.	1st MSC	Sparky & Distribute Fire Prevention Materials
	10:30 - 11:30	DFMWR Locations	Sparky & Distribute Fire Prevention Materials
Oct. 8	8 -9 a.m.	AAFES& DeCa Breakroom	Evacuation Procedures & Fire Prevention Classes
	8 - 8:40 a.m. (AM PK, K, Grade) 8:40 – 9:10 a.m. (3rd & 4th Grade) 9:15 - 9:45 a.m. (1st & 2nd)	AES Cafeteria	Sparky the Robot, Sparky & Fire Prevention DVD - “Sparky Says Join My Fire Safety Council” & “Where There’s Smoke There’s Fire”
	1:15 – 1:45 p.m. (PM PK)	AES Cafeteria	Sparky the Robot, Sparky & Fire Prevention Video
	1 -2 p.m.	AAFES / DECA Breakroom	Evacuation Procedures & Fire Prevention
Oct. 9	9 – 9:30 a.m.	AAFES & Commissary	Sparky & Distribute Fire Materials
Oct. 10	9:30 - 10:30 a.m.	CDC	
	1 - 4 p.m.	Fire Station	Open House



MWR employees receive time in service, achievement awards

Fort Buchanan Commanding Officer Col. Edwin C. Domingo and Directorate of Family Morale, Welfare and Recreation Director Freddie Giddens present employees of DFMWR with awards at Community Club ceremony.



Time in Service Award



Achievement Medal for Civilian Service



Fire

dim or flicker fuses blow frequently or sparks shoot from receptacles when items are plugged in or unplugged, consult an electrician. Faulty electrical cords can also spark a fire or cause an electrical shock. Never run cords under rugs or heavy furniture. Pressure can crack insulation and break the wires. Don't overload outlets.

Appliances —

After problems with stoves the biggest culprits in appliance fires are lint in dryers and combustibles near gas or electric water heaters. Since water heaters are often in the same room as the laundry, clothes tend to get piled up against the water heater. The problem is worse when that flimsy cover plate falls off the burner access. Dryer vents catch on fire when built-up dust and lint ignite from either the burners or the heating elements and create a fire path to built-up lint within the vent hose. Especially dangerous are dryers that are vented with flexible vinyl hoses. The vinyl then catches on fire and lights anything near it.

- Make sure protective water heater combustion chamber covers are in place.

- Pull the back service panel from the dryer cabinet and clean all the lint from the interior and around the drum.

- Clean built-up lint from the

vent line. Replace vinyl vent lines with smooth-walled metal ducts.

- Mark a "combustible-free" zone 3 ft. away from your water heater with masking tape.

Children with matches. Children playing with matches or lighters are the leading cause of fire deaths for children 5 and under. Keep these items up high, preferably in a locked cabinet, out of the sight and reach of small children.

Flammable materials —

Many residents may be surprised to know how many common household chemicals are hazardous flammable materials. Use approved containers. Keep materials away from children and away from ignitions sources such as pilot lights and open flames

Fire extinguishers —

Have a fire extinguisher within 10 feet of the stove on the exit side of the room. A 2-1/2 pound class "ABC" Multi-Purpose Dry Chemical extinguisher is recommended. If your stove is gas fueled, the pilot flame could be extinguished while using the extinguisher. Be sure to relight pilot flame or shut off the gas to the appliance.

Smoke detectors —

Always follow manufacturer's instruction when smoke detectors on every level of the home in rooms, stair landings,

and passageways. Always follow manufacturer's recommendations for installation. Don't forget, to test them once a month and install batteries once a year. Replace smoke alarms every 10 years. You may also want to consider carbon monoxide detectors for your home.

Home escape plans —

Fire safety in the home starts with how to get out of your home in an emergency. Once out, stay out. There's nothing more important in your home than you. If someone is missing, tell a firefighter immediately. Gather at your designated meeting place, and NEVER go back into a burning building.

If your clothing catches on fire, STOP. Running fans the flames, making fire burn faster. Shout for help. Don't run for help. DROP to the floor and cover your face. ROLL back and forth to put out flames. Cool a burn with cool water. Review your home escape plan with your family on a regular basis. Fire Department recommends EDITH - Exit Drills in the home.

Holiday fire safety in the home —

There are specific things you can do at around Halloween, Christmas, and other holidays to keep you and your family safe from fire.

- Halloween — wear flame retardant costumes and keep

outdoor candle-lit jack-o-lanterns away from areas where costumed trick-or-treaters may brush against them. Keep indoor ones away from curtains, decorations, and other flammable furnishings. Will you have guests in your home over the coming holiday season? Make sure they know about your family fire escape plan and designated meeting place outside the home. Take extra care when preparing those holiday meals. With so many distractions and extra people in the home it is easy to become distracted.

- Christmas — Artificial or live, lighted candles don't belong on your Christmas tree.

Turn off Christmas tree lights when you leave the house or when going to bed.

- Fireworks — fireworks are illegal throughout Puerto Rico. During New Year's, the Fourth of July, and any other time of year report illegal fireworks use. It could save your life or family member due to fires and injuries from out-of-control fireworks.

It is important to do everything possible and, most importantly, to ensure that family members know how to escape from an emergency situation quickly and safely. For a courtesy inspection of your home, contact the Fort Buchanan Fire Department at 707-3410/3520.

From Page 8

Fort Buchanan Fire Department

"Prevent Home Fires"

Fire Prevention Week: 5-11, October 2008



**Fort Buchanan
Emergency
Number:**

Fire / Ambulance

(787) 707-5911



PR, Army leadership unite in community covenant

Marc McCormick
El Morro

For the second time in the history of the Global War on Terror, the Puerto Rico legislature met to welcome back the Puerto Rican Soldiers who returned from deployment.

The Commonwealth of Puerto Rico legislative assembly conducted a Recognition and Award ceremony at San Juan's Roberto Clemente Coliseum Sept. 11, 2008. The ceremony was comprised of two initiatives.

The stage was set for members of the assembly to meet in session to award coins to members of the Puerto Rican National Guard and 1st Mission Support Command. Each representative of the area from which units are based, rose and introduced the Soldiers to government officials and the public. Each unit marched in and took their place in the auditorium. After each unit had been seated, representatives of the Puerto Rico government handed out the individual coins to the Soldiers.

The second initiative followed the welcome back ceremony for the Soldiers. It was the signing of an Army Community Covenant by members of the legislature and Fort Buchanan leadership. Representing Fort Buchanan was Commanding Officer Col. Edwin C. Domingo. Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, signed on behalf of all his Soldiers.

"We, the Soldiers of the United States Army are proud to sign The Army Community Covenant with the leaders and members of the Senate and House of Representatives of the Commonwealth of Puerto Rico in a significant date that reminds us of the attacks of 9/11. Today we pay trib-

ute to the patriots and heroes whose strength and courage made a difference in everyone's lives. The Army Community Covenant lets our Soldiers and their families know through the commitment of our leaders that they are not



(Left to right) Civilian Aide to the Secretary of the Army, Maj. Gen. (Ret.) Félix A. Santoni; Luis R. Ramos, Puerto Rico Public Advocate for Veterans Affairs and Fort Buchanan Commanding Officer Col. Edwin C. Domingo, sign an Army Community Covenant at Ramos Hall, Fort Buchanan, Sept. 18th.

forgot, that their sacrifices are not in vain and that the legacy of freedom will live on," Domingo said.

Earlier in the day, at the Fort Buchanan Community Club, another Army Community Covenant was signed by members of the municipal government of San Juan.

San Juan Mayor Jorge Santini, said, "The Army Community Covenant represents a true commitment of the municipal government of San Juan in improving the quality of life of those who serve and those who go above and beyond to contribute to world peace and freedom."

"We are proud of our partnership with the municipality of San Juan and their leaders who through their various programs and services support for our Soldiers and their families."

Also present and signing the covenants were, Maj. Gen. (Ret.) Civilian Aide to the Secretary of the Army Félix A. Santoni; Hon. José F. Aponte-Hernández, President, House of Representatives; Hon. Kenneth McClintock-Hernández, President of the Senate; Hon. Lucy Arce, senator; Reserve Ambassadors Col. (Ret.) Luis Berrios-Amadeo and Col. (Ret.) Horacio Cabrera.

The following day, at Ramos Hall, Fort Buchanan, Army leadership met with concerned veterans groups in signing another Army Community Covenant. Among the signers were Luis R. Ramos, Public Advocate for Veteran's Affairs, Office of the Governor, Commonwealth of Puerto Rico; Maj. Gen. (Ret.) Félix A. Santoni; Fort Buchanan Commanding Officer, Col. Edwin C. Domingo and representatives of the veterans community.

The signing of the three Army Community Covenants brings together the government, veteran organizations and Fort Buchanan in a common effort to support Soldiers, their families with the necessary programs they need.



(Left) The Hon. José F. Aponte, President, House of Representatives and the Hon. Kenneth McClintock-Hernández, Presidente del Senado sign the Army Community Covenant during a ceremony at San Juan's Roberto Clemente Coliseum Sept. 11th. (Above) The Mayor of San Juan, Jorge Santini, signs an Army Community Covenant at Fort Buchanan's Community Club following Patriot Day activities as Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, looks on. (Below) The Antilles High School Choir sang the Puerto Rican and American anthems prior to the opening of the Medalla Defensores de la Libertad ceremony welcoming back Puerto Rico National Guard and Reserve units from deployment.



in conjunction with Patriot Day at Fort Buchanan

Marc McCormick
El Morro

September 11th was a special day for Fort Buchanan. The day was also Patriot Day and in a ceremony attended by garrison and community leaders, the day was marked with reflection of what happened so long ago.

The Mayor of San Juan, Jorge Santini-Padilla, and other Puerto Rico government officials listened to guest speaker Col. (Ret.) Larry Racster addressed the crowd about faith and the meaning of the day.

Fort Buchanan Commanding Officer Col. Edwin C. Domingo noted, "History has changed as well as technology. Our servicemembers today send emails home instead of letters. They wear Kevlar on their heads instead of steel; and their hands are more comfortable with a computer mouse than pencils, but, one thing hasn't changed — our Soldiers continue 'first to fight for the right and to build the nation's might.'"

The event was a composite of three observances — the annual Prayer Breakfast, hosted by Fort Buchanan Chaplain (Lt. Col.) Kenneth Lawson; September 11th Observance and the signing of an Army Community Covenant.

In reflection, Domingo said, "(we are) An Army Strong family comprised of Active, National Guard and Reserve Soldiers who are deployed and forward stationed in more than 100 countries around the world. Look in any newspaper today and you will see stories of Soldiers saying goodbye to their spouses and children ready to answer the call of duty."

The audience also viewed a special video produced by the Directorate of Information Management about the Soldiers Domingo referred to in his speech. Soldiers were depicted throughout the time period of the Global War on Terror.

"In a complex society in which we live, were most people's actions are defined by the gratification they will get, the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage serve as a beacon that guides us as Soldiers and individuals."

Also as a part of the reminder of the historic times we live, the DOIM presentation recalled the impact the events of Sept. 11th had on the nation and the

military.

"On this day, in this place, it is our time to get together as a family to offer a tribute to those patriots and those heroes who are not with us today. Today is a day to reflect, for quiet contemplation, a day to remember," Domingo said.

"There are many painful memories deeply embedded in our hearts and minds that will forever be associated with this day. As I speak many images come to my mind and I remember, as well as you do, how our lives changed after September 11, 2001. Then I look around and see my wife, my children, my family and friends, my fellow Soldiers and civilian warriors, all of you, and count my blessings," he said.

"Today, the entire nation pauses in reflection. People will join in memory and prayer for those who did not return home that day. As the Scriptures say we wept and we mourned. But that was only a season and a time. Then our grief made us stronger.

And our spirits soared like an eagle, higher and higher, with courage and determination to defend what we believe in — our families, our values, and our nation."

"We shall never forget the lessons of 9/11 because we are bound together by a promise to all the patriots and heroes of New York, Washington, Pennsylvania, Afghanistan, Iraq and all around the world, that they will not be forgotten. It wasn't only their deaths that made them patriots and heroes. It was their strength and courage, their commitment and dedication to duty and service and their love for their country."

"Today a nation keeps its promise to all the Soldiers, Sailors, Airmen, Marine, Coast Guardsmen, civilians and their families that they are not forgotten; that we will fight the enemy and persevere because at the end justice will prevail. And as the Scriptures say there will also be a time to heal, a time to build up and a time for peace."

"To all of you in uniform, thank you for your sacrifice."

"To all of you, who proudly wore a uniform, thank you for your service."

"To all the civilians, families and friends — thank you for your support."

"Que Dios les bendiga a ustedes, a sus familias y a nuestra nación."



Leo Martinez

(Top right) Rev. (Col. Ret.) Larry Racster was the guest speaker for Fort Buchanan's Patriot Day ceremony honoring the victims of Sept. 11th.

(Bottom right) Left to right, Fort Buchanan Commanding Officer Col. Edwin C. Domingo speaks with Installation Command Chaplain (Lt. Col.) Kenneth Lawson and guest speaker Rev. (Col. Ret.) Larry Racster prior to Patriot Day ceremonies at Fort Buchanan Sept. 11.

(Lower left) Civilian Aide to the Secretary of the Army, Maj. Gen. (Ret.) Félix A. Santoni speaks with Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command during Patriot Day activities.





ECHO replaces the Program for Persons with Disabilities

Tricare Latin America & Canada

The Extended Care Health Option is a supplemental program to the TRICARE Basic Program. It provides eligible active duty family members, whether they are TRICARE Prime or Standard with financial assistance for an integrated set of services and supplies designed to assist those who qualify based on specific mental and physical disabilities.

The ECHO replaces the Program for Persons with Disabilities. The ECHO program does not require enrollment but it does require registration. Registration enhances the efforts put forth to provide services and supplies to eligible TRICARE beneficiaries and insures effective utilization of the program resources. The National Defense Authorization Act for Fiscal Year 2002 (NDAFY2002), Public Law 107-107, requires TRICARE beneficiaries to be "registered" in order to receive the benefits provided under this program.

To receive TRICARE ECHO benefits, the active duty servicemember must register with the TRICARE Area Office. Documentation stating the servicemember is on active duty is required and the family member applying for ECHO benefits must be an eligible, active duty family member. Documentation that a qualifying condition exists and that you are enrolled in the Exceptional Family Member Program is also required. Under certain circumstances, the EFMP enrollment requirement may be waived.

Although some programs may have a different name, each uniformed services branch has an Exceptional Family Member Program. These programs ensure the needs of your family can be met. Enrollment in the EFMP is mandatory. Each uniformed services branch has its own EFMP enrollment process. For more information about EFMP, log onto Web site www.military-homefront.dod.mil.

In Latin America and Canada the nurse case manager is responsible for facilitating the ECHO registration processes and managing the ECHO beneficiaries. When the ECHO registration is complete, the Defense Enrollment Eligibility Reporting System record is modified to indicate eligibility for TRICARE ECHO. At the time of registration the nurse case manager will provide the sponsor/beneficiary with informational materials that, at a minimum, emphasize the ECHO is an optional program for active duty family members only and has unique qualifying and cost-sharing requirements. The nurse case manager for the TLAC area of responsibility is Rosemary Baunchalk. She can be reached at 1-888-777-8343, option 3, 1-706-787-2424 or via email to rosa.baunchalk@us.army.mil.

Qualifying conditions include —

- Moderate or severe mental retardation.
- A serious physical disability.
- Autism.
- An extraordinary physical or psychological condition of such complexity that the beneficiary is homebound.
- A diagnosis of a neuromuscular developmental condition or other condition in an infant or toddler that is expected to precede a diagnosis of moderate or severe mental retardation or a serious physical disability.
- Multiple disabilities, which may qualify if there are two or more disabilities affecting separate body systems.

If the sponsor or the provider believes a qualifying condition exists, talk to the case manager at the TAO Office to determine eligibility for TRICARE ECHO benefits. Final approval is made by the TAO Medical Director.

Sponsors must pay part of the monthly expenses for authorized TRICARE Extended Care Health Option benefits. The monthly cost share is based on the sponsor's pay grade as shown in the chart below.

The monthly cost share is only one fee per sponsor, not per ECHO beneficiary. Sponsors only pay the cost share if ECHO benefits are used during that calendar month.

After the monthly cost share is paid, TRICARE will pay up to \$2,500 per calendar month for each ECHO-registered beneficiary for authorized ECHO benefits. If an ECHO beneficiary's costs exceed \$2,500 in a calendar month, the beneficiary is responsible for paying the additional costs.

The TAO Medical Director must authorize all benefits under TRICARE ECHO in advance. Most providers will file claims on their behalf. If the beneficiary is required to file a claim for ECHO-authorized care, a Patient's Request for Medical Payment form (DD Form 2642) should be used and a copy of the authorization should be included with the claim form when submitted to the claims processor.

Be sure to use a TRICARE-authorized provider. This is a provider who meets TRICARE's licensing and certification requirements and has been certified by TRICARE to provide care to TRICARE beneficiaries. There are two types of TRICARE-authorized providers: network and non-network.

If you see a provider who is not TRICARE-authorized and can never be certified, you are responsible for the full cost of care. Give the provider a call if you are not sure of his/her status.

If there are any questions regarding this or any other TRICARE Overseas Program, contact the TAO at 888-777-8343, option 3, 706-787-2424 or via email to TRICARE15@amedd.army.mil.

La Opción de Cuidado Médico Extendido es un programa que suplementa el Programa Básico de TRICARE. El mismo provee a los miembros de la familia de militares activos elegibles, sean beneficiarios de TRICARE Standard o Prime, con ayuda financiera para obtener servicios integrados y suplidos diseñados para ayudar a quienes cualifiquen basado en incapacidades físicas y mentales específicas.

El programa reemplaza el Programa Para Personas con Impedimentos por sus siglas en inglés). El programa ECHO requiere registración. La registración amplía los esfuerzos para proveer servicios y suplidos a los beneficiarios elegibles y asegura la utilización efectiva de los recursos del programa. El Acta de Autorización de la Defensa Nacional para el Año Fiscal 2002 (NDAFY2002), Ley Pública 107-107, requiere que los beneficiarios de TRICARE se "registren" para recibir los servicios provistos bajo este programa.

Para recibir los beneficios de TRICARE ECHO, el miembro activo deberá registrarse con la Oficina de Área de TRICARE. Se requiere documentación que establezca que el miembro militar está en servicio activo y que el miembro de la familia solicitando los beneficios de ECHO es un miembro de la familia

elegible. También se requiere documentación que demuestre que existe una condición que lo cualifica para el programa y que demuestre que está registrado en el Programa de Miembros de Familia Excepcional. En algunas circunstancias, se puede eximir de la registración en EFMP.

Aunque algunos programas tienen diferentes nombres, cada rama de las fuerzas armadas tiene un Programa de Miembros de Familia Excepcional. Estos programas aseguran que usted sea asignado a lugares donde las necesidades de su familia puedan ser suplidas. La registración en EFMP es mandatoria. Una vez se identifique que un miembro de la familia tiene necesidades especiales, deberá registrarse inmediatamente. Cada rama de las fuerzas armadas tiene su propio proceso de registración en EFMP. Para obtener más información acerca de EFMP, puede entrar en la siguiente dirección www.militaryhomefront.dod.mil.

En Latino America y Canada, la enfermera manejadora de casos tiene la responsabilidad de facilitar el proceso de registración en ECHO y es quien maneja los beneficiarios de ECHO. Cuando se completa la registración en ECHO, el archivo del sistema de elegibilidad del Departamento de la De-

fensa (DEERS) se modifica para indicar la elegibilidad para TRICARE ECHO. Al momento de registración, la enfermera manejadora de casos le provee materiales informativos al miembro activo/beneficiario, en los cuales enfatiza que el programa ECHO es opcional, sólo para familiares de

miembros activos y que tiene requisitos específicos de elegibilidad y copagos. La enfermera manejadora de casos para Latin America y Canada es Rosemary Baunchalk. Pueden comunicarse con ella al 1-888-777-8343, opción 3, 1-706-787-2424, o a través de correo electrónico a rosa.baunchalk@us.army.mil.

Las condiciones que cualifican para este programa incluyen —

- Retardación mental moderada o severa.
- Incapacidad física seria.
- Autismo.
- Condición física o psicológica extraordinaria de tal complejidad que mantenga al beneficiario en el hogar
- Un diagnóstico de una condición del desarrollo neuromuscular u otra condición en un infante o niño que se espera preceda un diagnóstico de retardación mental moderada o severa, o una incapacidad física seria.
- Incapacidades múltiples, que podrían cualificar si hay dos o más incapacidades afectando distintos sistemas del cuerpo.

Si el miembro activo o el médico cree que

Sponsor Cost Share

Pay Grade	Monthly Cost share
E-1 to E-5	\$25
E-6	\$30
E-7, O-1	\$35
E-8, O-2	\$40
E-9, W-1, W-2, O-3	\$45
W-3, W-4, O-4	\$50
W-5, O-5	\$65
O-6	\$75
O-7	\$100
O-8	\$150
O-9	\$200
O-10	\$250

existe una condición que cualifique, debe hablar con la manejadora de casos de la Oficina de Área de TRICARE para determinar la elegibilidad para los beneficios de TRICARE ECHO. La aprobación final es determinada por el Director Médico de TAO.

El miembro activo deberá pagar parte de los gastos mensuales de los beneficios autorizados de ECHO. El copago mensual está basado en la paga del miembro activo según se ilustra en la siguiente tabla. El copago mensual es sólo uno por miembro activo, no por cada beneficiario de ECHO. El miembro activo sólo paga si el beneficio de ECHO se recibe durante ese mes del año.

Una vez se efectúa el copago, TRICARE pagará hasta \$2,500 por mes por cada beneficiario registrado en ECHO, por beneficios de ECHO autorizados. Si los costos de un beneficiario de ECHO exceden los \$2,500 en un mes, el beneficiario es responsable de pagar los costos adicionales.

El Director Médico de TAO debe autorizar por adelantado todos los beneficios bajo el programa TRICARE ECHO. La mayoría de los proveedores envían las facturas a TRICARE.

Si el beneficiario tiene que enviar sus facturas por servicios autorizados por ECHO, deberá usar la forma Patient's Request for Medical Payment (DD-2642) e incluir copia de la autorización cuando someta la forma de reclamación al procesador de reclamaciones.

Asegúrese de usar proveedores autorizados por TRICARE. Estos son proveedores que cumplen con los requisitos de licencia y certificación de TRICARE y han sido certificados por TRICARE para proveer servicios a sus beneficiarios.

Existen dos tipos de proveedores autorizados por TRICARE: los que pertenecen a la red de proveedores y los que no pertenecen a la red. Si usted visita a un proveedor que no está autorizado por TRICARE y que nunca podrá ser certificado, usted será responsable por el costo total del servicio. Comuníquese con el proveedor si usted no está seguro de su estatus.

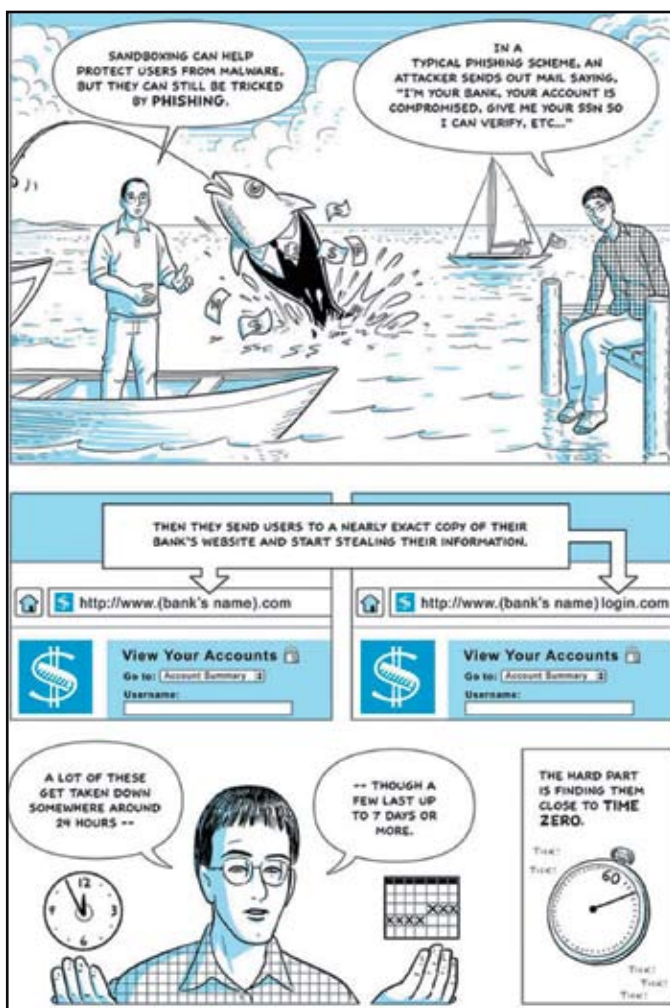
Si tiene alguna pregunta sobre este o cualquier otro programa de TRICARE, favor de comunicarse a TAO al 888-777-8343, opción 3, 706-787-2424 o por correo electrónico a TRICARE15@amedd.army.mil.

EDIS Child Find Day 2008

- Do you think your toddler or preschooler is not speaking as he/she should for his / her age?
- Are you concerned that he /she does not play or learn like most children his/her age do?
- Can your child crawl, walk, run and jump like other children his / her same age?

If you are concerned about your child's development and your child is entitled to DDESS and would like more information, bring your infant through 5 years of age to the Fort Buchanan Community Club for a developmental screening on Child Find Day, 8 a.m. - 2 p.m., Oct. 15.

For more information contact, Educational & Developmental Intervention Services at 707-2165; Department of Defense Elementary and Secondary School System at 707-4631 or the Exceptional Family Member Program 707-2165/2167.



Google explains how to avoid phishing

Marc McCormick
El Morro

Google, the people who made internet searching easy, continue to push the outer edges of the net experience. Their latest entry into the net dominance sweepstakes is a Web browser named Chrome.

Chrome has all the right stuff, for the right reasons. Once out of beta testing and put through real world stress testing, Chrome will most likely be the model for future browsers to follow, which will be sort of a slam dunk because the code for Chrome is Open Source. Translation – anyone can take the code and modify it – hopefully for the better.

In reading about Chrome, you will not unlikely stumble across the comic book edition provided by Google from artist Scott McCloud which provides a consumer level understanding about the why and how of Web browsers. The comic book is simple and lucid enough that anyone can understand old Web browsers and the difference Chrome will make. You will also get clues as to why your surfing experience suffers time to time.



One of the pages included in the comic book (below) deals with phishing; our subject for today.

Phishing is the attempt by fraudsters on the internet to gain access to your private information so they can use it for their purposes. And, don't just believe it's for financial purposes. Fort Buchanan's DOIM and the Army and the Department of Defense periodically put out material warning of the dangers of phishing. You, your family, the Army and who knows who else can be harmed by phishing, and it all depends on you providing the scam artist your private information. Always remember, no legitimate organization you are involved with will ask you for private information through email – they already have it! If in doubt, always call the institution to see if they are requiring your private information.

Scams take two parties – the victim (you) and the scam artist.

To find out more about phishing, general security and other matters associated with using the internet, check out the comic book. You'll be hearing more about Chrome in the future as well as other Web browsers who switch to that model.

The comic book can be found at Web site <http://www.google.com/googlebooks/chrome/>.

Lawson writes new book on chaplains service in Puerto Rico

Marc McCormick
El Morro

After travelling on foot through an area overrun with forestation and then standing at a bridge in southwest Puerto Rico at Las Marias, I wonder if this is where Chap. (Lt. Col.) Kenneth Lawson formulated the title for his new book "With Courage and Confidence: The U.S. Army Chaplaincy and the Puerto Rico Campaign of 1898" became real for him.

Lawson has seven other books to his credit so far and this retelling of chaplains in Puerto Rico will make the eighth. It is a story inspired by, "I have one year at Fort Buchanan, he said, "and I only have one choice, God wants me to be at Fort Buchanan. Since I have been here I have seen His blessings in many ways."

Chap. Lawson is the officer in charge of the Fort Buchanan Religious Services Office. One of the things he noticed when he first came here was there was no history

of chaplains in Puerto Rico, to speak of.

"The History of Army Chaplains had not hint of chaplains in Puerto Rico," he said. "I knew there was no history of chaplains in Puerto Rico so I started researching it."

"What I discovered was that there were six chaplains during the 1898 war and that the war lasted only three months. All chaplains assigned to the units were Protestant and that was because they came with their reserve units that had been activated."

The 1898 engagement was relatively short and perhaps the causation is lost history but some facts remain, "Each of the chaplains returned safely and later the governor sent two Roman catholic chaplains to advise in the rebuilding of the country," he said.

The Roman Catholics were chosen specifically for their ability to act as a liaison between the civil authorities and the local church leaders and the population – to help bridge the understanding between the various groups, according to Lawson, a tactic that has been used with varying degrees of success over the centuries in other conflicts. We can see traces of this even today in areas where U.S. forces are engaged. "Chaplains are the advisors to commanders on spiritual matters. A lot of times chaplains make help when they interact with local men of faith in matters of common interest and understanding," he said.

Las Marias was the last battle of the 1898 war.

The role the chaplains played during the short war was productive. "It was a deliberate attempt to bridge with the local population," Lawson said, "And, it was successful."

Chap. Lawson loves to write about chaplains and their influence on military history.

"People have different hobbies and I like to read and write. As I read, I outline and take notes. I also like to look for the unusual, such as, what if I were going to write a book about George Washington? But, what if I wrote about George Washington and his chaplains?"

Chap. Lawson coordinates his writings with the U.S. Army Chaplain historian. John Brinsfield. Brinsfield not only approves the work (which will eventually included in the official history of Army Chaplains library of recognized material), he also proofreads and edits for Lawson. One book was co-written by the two men – "A History of

the U.S. Army Chaplaincy – The Hicks Years 2003-2007, Taking Spiritual leadership to the Next Level."

"Chaplains in the U.S. military are often under appreciated," Lawson said. "And very often, their ministries go unnoticed and their stories untold."

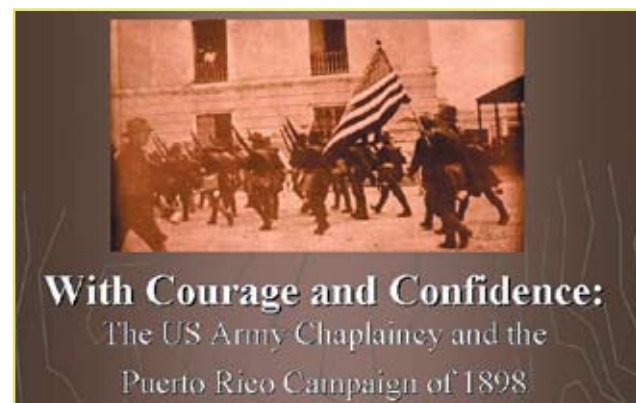
Lawson's next work, already in progress, deals with the year(s) circa 1857 in Utah. Titled "Religion and the Utah War," which Lawson calls the first civil war in America and also a religious war, the book looks at a troubled time revolving around Utah territorial status and the state's conflict with the federal government, all issues that would not be settled until after the Civil War.

Studying the period however, "It ties in with issues even in our own times," Lawson said. "There were religious issues on both sides. Reconciliation was difficult and chaplains worked with federal and local government and with religious leaders (Brigham Young) during those years." One incident that rose to national attention and inflamed passions was what later called the Mountain Meadows Massacre where more than 120 members of a wagon train crossing Utah were slaughtered by Mormon militia and Paiute Indians. The incident was the cause célèbre for the federal government to finally deal decisively with the state of "Deseret." You can look for the book coming out soon, and, as Chap. Lawson says, "History often repeats itself. If we know how chaplains worked in the past, we can apply it to today."



Arthur Lawson

Chap. (Lt. Col.) Kenneth Lawson at home in his study where he conducts his research on chaplains in the Army and writes his books.





Have a Happy, Safe Halloween

Ft. Buchanan Safety Office

It's that time again when children enjoy dressing up and roaming the neighborhoods in search of some of their favorite candy, and to help ensure they have a safe holiday.

Here are some things we can do to help make this Halloween safer for everyone.

Before Halloween —

- Plan costumes that are bright and reflective.
 - Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
 - Avoid costumes with big, baggy sleeves or billowing skirts.
 - Children should wear well-fitting, sturdy shoes. High heels are not a good idea.
 - Hats and scarves should be tied securely to prevent them from slipping over children's eyes.
 - A natural mask of cosmetics is better than a loose-fitting mask that might restrict breathing or obscure vision.
 - Consider adding reflective tape or striping to costumes and Trick-or-Treat bags for greater visibility.
 - Secure emergency identification (name, address, phone number) discreetly within Halloween attire or on a bracelet.
 - When shopping for costumes, wigs and accessories, look for and purchase only those with a label clearly indicating they are flame resistant.
 - Think twice before using simulated knives, guns or swords.
 - If such props must be used, be certain they do not appear authentic and are soft and flexible to prevent injury.
 - Obtain flashlights with fresh batteries for all children and their escorts.
 - Plan ahead to use only battery powered lanterns or chemical light-sticks in place of candles in decorations and costumes.
 - Teach children how call 9-1-1 if they have an emergency or become lost. Remind them that 9-1-1 can be dialed free at any payphone.
 - Review with your children the principle of "Stop-Drop-Roll", should their clothes catch on fire.
 - Openly discuss appropriate and inappropriate behavior at Halloween time.
 - Consider purchasing individually packaged healthy food alternatives (or safe non-food treats) for those who visit your home.
 - Take extra effort to eliminate tripping and slipping hazards on your porch and walkway.
 - Check around your property for tree limbs, rocks, toys, or wires that may present a hazard to pedestrians.
- ### Safe trick-or-treating —
- Make sure young children are accompanied by an adult or responsible teenager when they go door-to-door.
 - If you can't accompany your children, instruct them to trick-or-treat in their own neighborhood and in well-lighted streets.
 - If children are going to be out after dark, make sure they carry a flashlight.
 - Teach your children to use the sidewalks if they can. If there are no sidewalks, walk on the left side of the street facing cars.
 - Make sure everyone dress appropriately for the cold weather.
 - Remember that children are out walking around at times of limited visibility, and it may be difficult to see them.
 - Driving slow increases reaction time for drivers.
 - Have a safe and happy Halloween.



CSM Safety Tips

No Headphones — No headphones or earphones (that means iPods or Walkmen, etc.) while walking or jogging on or alongside roadways. This is not an option.

You will be cited by law enforcement. Ear pieces and headphones can only be worn inside the Fitness Center.

Run or walk approaching traffic — All runners/walkers are required to run or walk facing oncoming traffic (left side of the road). The runner/walker's back should never be to the traffic.

This allows the runner/walker to maintain eye-to-eye contact with the vehicle operator and gives the runner/walker a chance to react should the vehicle come too close. Vehicle operators should not have to guess what a runner/walker is going to do. This rule ensures the safety of both the vehicle operator and the runner/walker.

Reflective Belts — When conducting physical training outdoors, each person must wear a reflective belt or vest at all times, regardless of the time of day. Reflective belts must be visible and worn around the waist.

Safety is everyone's business



Command Sergeant Major Davis, U.S. Army Garrison, Fort Buchanan

ARMY STRONG.™

Fort Buchanan Protestant Chapel Youth Activities

Sundays 5 - 6:30 p.m. at the
Chapel Annex, Bldg. 292.
Ages 10 to 18. It is Free!!



Beginning Sunday Sept. 28, this eight-week program will have activities, Bible study and refreshments.



For more information, call
Chap. (Lt. Col.) Ken Lawson at 707-3904.

The Ft. Buchanan RSO is sponsoring a spiritual and emotional healing venet for CBCHO Soldiers and their families at the garrison Chapel Oct. 23, 2008, 10 a.m. to 3 p.m.

The Department of Defense Civilian Personnel Management Service
"Creating Bridges of Opportunities"

Imagine being part of a team that directly supports our national security. DoD is your doorway to more than 700 civilian occupations, outstanding training and education, responsibility right from the start, rapid advancement and great benefits.

DoD 2008 Civilian Career Fair Extravaganza will be held Oct. 2, 2008 at Mayaguez Resort & Casino, Route 104 km 0.3 Mayaguez, P.R. 00682.

Exciting career opportunities are available with various DoD agencies for individuals with degrees/skills in the following areas —

- Accounting & Finance.
- Business Administration.
- Engineering.
- Human Resources.
- Information Technology.
- Logistics.
- Medical professions.
- Science.

Positions to be filled will be located throughout the United States.

All attendees must submit a resume (in English) to be admitted to the career fair. Candidates will have the opportunity to meet and submit their resumes to multiple agency representatives of the Department of Defense. Interviews will be conducted in English.

Requirements —

- U.S. citizenship. and be fluent in written and oral English.

DoD is an Equal Opportunity Employer and actively seeks a diverse workforce.

Water Report

Amendments to the National Primary Drinking Water Act Regulation promulgated in 1996 require that all owners and operators of public community water systems prepare a CCR summarizing the quality of the water supplied to consumers in the United States and Puerto Rico. The Environmental Protection Agency (EPA) establishes minimum drinking water quality standards, which are locally enforced by the Puerto Rico Department of Health.

The drinking water system in Fort Buchanan is a consumer product served by the Puerto Rico Aqueduct and Sewer Authority (PRASA). There is a chlorination station operated by the Directorate of Public Works to ensure that the water residual chlorine level remains acceptable in order to ensure the best possible water quality level in terms of microbiological stan-

dards. Under the CCR rule, operators of community water systems are required to publish the information of their reports to the consumer/public once a year starting in 1999. PRASA has already submitted its 2007 CCR. The English and Spanish versions of the CCR are available at the DPW Environmental Division. In addition, the document is also available at www.acueductospr.com. Fort Buchanan is served by the PRASA Metropolitan System (ID #2591).

If you have further questions or comments regarding this matter, you may contact PRASA, Technical and Compliance Division at telephone 787-474-5744. The point of contact at Fort Buchanan for this action is Anibal Negron, Acting Chief, Environmental Division, telephone (787) 707-3575, or email to anibal.negron@us.army.mil.

Fort Buchanan Excellence in Service – ID Card Section

Col. Domingo,
I wanted to drop you a note and relay our gratitude to Luis Comas and his staff for the excellent support they provided to NOSC Puerto Rico last weekend. In two days, the Welcome Center staff was able to process over 180 CAC cards for the Navy Reserve personnel. I am greatly appreciative of the extra effort and the “Can Do!” spirit of the Welcome Center team — Luis R. Comas, Domingo Berrios, Sonia Cintrón and Celimar Gomez.

Very respectfully,

Cdr. Rob Pritchard
Commanding Officer
(Plaques received from Cdr.

Pritchard were presented to ID Card Section employees for their outstanding support provided to NOSC Puerto Rico Navy Operational Support Center, Puerto Rico.

Courtesy Photos.



(Left to right) ID Card Section members Celimar Gomez, Domingo Berrios and Luis Comas.



(Left to right) DHR Director Maria Morales, ID Card Section members Sonia Cintron and Luis Comas.

Buchanan Deli delights

William Roger
Commissary Manager

A few facts about the grand opening of the Fort Buchanan Commissary Deli with Boar's Head products —

- This is the first location in Puerto Rico to offer Boar's Head products.
- This is the first military commissary outside of the continental United States to offer Boar's Head products.
- This is the first military commissary to be used as a test market for new products from Boar's Head.
- This is the largest selection of Boar's Head products offered in any other commissary.
- Northeast Military Sales Inc. operates 32 commissary delis in the Eastern United States
- The Boar's Head Representative in Puerto Rico is Kevin Del Valle, a Reservist and a native of Puerto Rico.



Photos by Marc McCormick

Fort Buchanan Commanding Officer Col. Edwin C. Domingo cuts the ribbon opening the new Boar's Head Deli at the garrison commissary. Holding the ribbon is Commissary manager William Roger. Also pictured are Boar's Head representatives and, second from left, Assistant Commissary Manager Redo Nolletti and, second from right, Deputy to the Garrison Commander Gunnar Pedersen.



Courtesy Photo

Eye of the beholder...

This worker tries to shield his eyes by wrapping a plastic bag around his face. This kind of short-cut will not work and he will probably be severely injured. It is the responsibility of every supervisor to ensure that workers have and use proper personal protective equipment.

Public Notice of Environmental Assessment

“The U.S. Army Garrison Fort Buchanan prepared an Environmental Assessment that considers the proposed implementation of the Base Realignment and Closure Commission recommendations at Fort Buchanan, Puerto Rico. The EA identifies, evaluates, and documents the environmental and socioeconomic effects of facility demolition, construction, renovation, maintenance, and operation proposed to accommodate the changes mandated by the BRAC 2005 Commission. A No Action Alternative is also evaluated. Implementation of the proposed action is not expected to result in significant environmental impacts. Therefore, preparation of an Environmental Impact Statement is not required and a Finding of No Significant Impact will be published in accordance with the National Environmental Policy Act. The EA and FONSI are available for review and comment for 30 days. Copies of the EA and FONSI can be obtained by contacting Anibal Negrón at 787-707-3575, or by e-mail requests to anibal.negron@us.army.mil. Copies of the EA and FONSI are available for review at the Carnegie Public Library, 7 Ponce de Leon Avenue, San Juan, PR 00901. Comments on the EA and FONSI should be submitted to Anibal Negrón by no later than 30 days after publication of this Notice of Availability.”



Ft. Buchanan CYS energizes youth programs

4-H Club members

Gladys Colon
CLEOS Manager

On Sept. 18, 2008, youth from Child, Youth & Services programs School Age Services, Middle School Program and Teen Center were initiated into 4-H Club.

The purpose of a 4-H Club is to provide positive youth development opportunities to meet the needs of young people, to experience belonging, mastery, independence, and generosity.

For more than a hundred years, 4-H has been dedicated to creating opportunities for youth that broaden skills and aspirations nurturing the full potential of youth.



Courtesy Photo

(Right to left) Tylia Hernandez- President; Harvey Gerardino - Vice President; Angelica Vega - Secretary and Diego Rivera - Reporter are the newest 4-H Club members.

Beach Cleanup

Gladys Colon
CLEOS Manager

Youth from the Child, Youth & Services Teen Center took advantage of an early release date from school to clean up the Punta Salinas Beach on Sept. 17.

Specifically, the area inside the Puerto Rico National Guard controlled area known as the Master Sgt. Francisco Rivera Beach. A total of 12 youth accompanied by CYS staff participated in the clean up activity.



Courtesy Photo

Scuba Diving Class

For Teens 14 years old & Up

- Basic Scuba Open Water Course - \$150.00 (6 classes)
- Fee includes equipment, book & certification card
- Dates and times of classes: 3, 6, 10, 13, 15 & 16 Nov, 6:00pm-9:30pm
- Register for this class at the CYS Registration Office, Bldg. 1020-A Buchanan Heights
- Registration Deadline: 24 Oct 08

Intervention

Gladys Colon
CLEOS Manager

Oct. 19, a special student assembly was held at Antilles High School. Speakers from Army and Air Force Exchange Services, Department of Emergency Services and Child, Youth Services presented information about their programs to the Antilles High School students in a combined effort to prevent youth violence and shoplifting.

Berta Carbo, AAFES Loss Prevention Manager, spoke about youth conduct at AAFES facilities. DES Lt. Felipe Deida, D.A.R.E. Officer, talked about consequences that youth can face if laws are not followed.

Aida Aguilu, Youth Services Director, presented the CYS Teen Center as a safe place where youth can go after school, during early release dates and during summer time.



Marc McCormick

(Top right) Gladys Colon, CLEOS manager, moderated the Antilles High School event and operated the slide presentation. (Bottom right) Berta Carbo, Loss Prevention manager for AAFES, explained the serious consequences associated with shoplifting and bad behavior at exchange facilities. (above) D.A.R.E. Instructor DES Lt. Felipe Deida addressed the students about conduct in school and how to avoid violent behavior. Watching the proceedings is AHS Vice Principal Harry Hamilton.

Antilles High School student goes People to People

Monica E. Carlo
Antilles High School Student

Waking up at 3 a.m. for a Delta flight at 7:10 a.m. is not one of the things I had in mind as part of my summer vacation. To make matters worse, the flight was switched to 9:40 a.m., on a different airline bound for Dulles International Airport in Washington D.C.

What was I even thinking of when I accepted to be part of this leadership summit program? Is this a mistake?

Those were my first thoughts, on the morning of July 7, 2008. Even though it was a little tense to travel by myself and not know anyone in D.C., I knew that the People to People Program was a big opportunity, for a soon-to-be freshman like me.

Arriving at my destination wasn't that easy, especially being sick. I knew I had to pull through. When I was finally on my way to a completely unknown place, I was saying to myself, "This is insane and you are insane, having to take a twenty hour trip." I tried to convincing myself that I was going to hate these ten days.

The first night at George Washington University was intimidating. I knew no one there and the United States is very different from where I have lived my whole life, Puerto Rico.

The next morning I met with my group and started to see that all the delegates were feeling just like me and they came from all corners of the world. Soon enough I was meeting new people and having a good time. However, this leadership program was not all about having fun and seeing new places; there were challenges, work, and long walks.

The first day, we went to Project Ascent. There we faced team challenges on a field in Maryland. Also, on that afternoon I heard one great guest speaker named Jill Esplin. Her words were very inspiring and made the whole 195 delegates want to go back home to make a

difference to their community, including myself.

The third day was definitely my favorite. I went to a farm in Virginia and I did community service for the less fortunate, by harvesting turnips for their future meals. Then in the afternoon, I was asked to be one of the guest speakers.

My challenge was to represent Puerto Rico with three boys. It was very fascinating answering some of the questions delegates had about the island and of other countries as well.

The days that followed I was able to both work on my own community service project and visit many interesting places in Washington D.C. such as the Air and Space Museum, Mount Vernon, and University of Virginia, among others.

Also, I had the privilege to visit the capitol of the United States, the Holocaust Museum, the Lincoln Memorial, and many other places.

I have gained memories that I will never forget especially the Funky Chicken dance, the Mad Libs that my group made which were hilarious, and all the friends that I met and for whom I am very grateful. The People to People program made me into a true leader. This program is for you, and you have to make the success your own. I had the privilege to see two of the best guest speakers that were truly inspirational. I collaborated with teens that want to make a difference in their communities, and I presented my community service projects. I was also able to see others' projects and learn from them. I am very happy that I chose to go to Washington D.C. There, I had the time of my life and I was able to grow as a person, student, citizen, and friend. I did return home changed, I now know that being a leader is not a role; it is an action. Yet, the most important statement that I was taught was, "Believe in yourself, because if you don't, who will?"



U.S. Army MWR
Family and MWR Command

Non-appropriated Fund

Employment Opportunities

U.S. Army
Installation Management Command

Food and Beverage Management Trainee, NF-1101-3 - Full time
Vacancy Announcement Number: CF08-903 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Community Recreation Management Trainee, NF-0188-3 - Full time
Vacancy Announcement Number: CF08-901 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Child and Youth Service Management Trainee, NF-1701-3 - Full time
Vacancy Announcement Number: CF08-902 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Professional Golf Management Trainee, NF-1101-3 - Full time
Vacancy Announcement Number: CF08-910 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Outdoor Recreation Management Trainee, NF-0188-3 - Full time
Vacancy Announcement Number: CF08-904 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Human Resource Management Trainee, NF-0201-3 - Full time
Vacancy Announcement Number: CF08-905 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Sport and Fitness Management Trainee, NF-0030-3 - Full time
Vacancy Announcement Number: CF08-906 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Financial Management Trainee, NF-0501-3 - Full time
Vacancy Announcement Number: CF08-907 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Marketing Management Trainee, NF-1101-3 - Full time
Vacancy Announcement Number: CF08-908 **Closing Date:** October 15, 2008
 \$34,000 - \$38,000 Annual - Various Duty Stations.

Applicant must sign a mobility agreement if selected. Enrollment in the Leadership Development Assignment Program is mandatory.

Who may apply —

To apply, the following materials must be received by the closing date of the announcement.

- Cover letter, resume, official college transcripts, and 3 professional Letters of Recommendation. Current or former NAF employees must submit their last performance appraisal.

- All U. S. citizens.
- All sources.
- Current and former NAF employees.
- DoD Interchange Agreement eligibles.
- Partial necessary qualifications -
- Subject to satisfactory completion of all pre-employment checks in accordance with Army Regulation (AR) 215-3.

• Satisfactory completion of a National Agency Check that will be initiated upon appointment to a NAF position.

• The Department of the Army NAF provides reasonable accommodations to applicants with disabilities. If you need a reasonable accommodation for any part of the application and hiring process, please notify the servicing NAF civilian personnel unit. Requests for reasonable accommodation are made on a case-by-case basis.

- You will be required to show Social Security card upon appointment to a NAF position.
- You will be required to provide proof of U.S. Citizenship.
- Official college or university transcript must be submitted with your resume.
- Male applicants born after December 31, 1959 must complete a Pre-Employment Certification Statement for Selective Service Registration.

- Direct Deposit of Pay is required.
- Must sign a mobility agreement if selected.
- You must include the announcement number on your application.
- Applicants claiming veteran's preference must clearly show an entitlement to such preference on the resume/supplemental data submitted.

• Failure to provide all of the required information as stated in the vacancy announcement may result in an ineligible rating or may affect the overall rating.

How to Apply —

- Resumes must be received by the closing date of this announcement.
- Resumes may be submitted at any time. Referral lists will be issued as job opportunities occur.
- Announcements close at 12:00am (midnight) Eastern Time.

You may send your resume via surface mail to: FMWRC, Management Trainee Program, 4700 King Street, 3rd Floor, Alexandria, VA 22302

Point of Contact: Management Trainee Program, e-mail us at, MWRTrainee@conus.army.mil.

CSM

Successful leaders know who they are and what they want to become at a profound level and they organize their lives around that purpose.

Others go through life wishing they had the passion and the energy evidenced by people with a purpose.

You don't need to be a commander to have a "Vision" statement or to discover a sense of purpose in your life — you already have it.

As long as you put in the effort and don't settle for mediocrity you'll achieve excellence.

I was raised in the belief that success

begets success. It was once said, "A person who aims at nothing is sure to hit it."

Everyone has the opportunity to develop their potential or "excellence" by using their creativity and experiences to make positive and valuable contributions.

As leaders just remember to never let potential remain just potential. Army Strong!



From Page 2

Ft. Buchanan CYS changes name to reflect services

El Morro Staff

The Child, Youth & School Services' logo is the graphic representation of the components that make up the CYS organization which includes services for children, services for youth, and services for students and school personnel. The logo is active and full of energy! It gives a feeling of synergy and movement. Both the logo and the programs are moving forward and outward to reach their fullest potential, yet, through the bands, tied securely to the customers they serve ("kids," families, and school personnel).

The CYS Star is the multi-layered star at the base of the logo.

It is made up of four overlapping layers - black, blue, red and white symbolizing the seamless delivery of services provided to patrons.

The Black-outlined Star represents the commitment of the Army Family Covenant Promise to improve Family Readiness by "ensuring excellence in schools, youth services and child care.

It surrounds and supports the other three Stars (as both the source and the anchor).

The White Star is surrounded and protected by the other Stars and represents the children and youth having access to and participating in CYS Services. The



Red-outlined Star represents parents and the Blue-outlined Star represents school personnel.

The three flying Stars symbolize the mission of CYS: Child Care, Youth Programs, and School Services. These Stars remind us that though they are secured to the CYS Star at the base, they are continually striving to realize the performance outcomes linked to the three cornerstones of Child, Youth & School Services: to ensure quality, maintain affordability, and increase availability.

The momentum of the Stars carries them forward to the cutting edge of programming and outward as CYS delivers on the promise of the Army Family Covenant.

They symbolize the limitless potential for CYS Services to improve the quality of life for Army Families.

Finally, the bands connecting each of the Program Stars to the CYS Star reflect the partnerships found on installations between CYS Services and other community organizations.

The red, white and blue theme is the visual link which binds CYS Services with the Family and Morale, Welfare and Recreation Command parent organization.

Child, Youth & School Services-Ft. Buchanan
YOUTH TECHNOLOGY LABS

Did you know that each of our programs offer a full and comprehensive Technology Lab? Beginning with Pre-School through age 18, youth are learning Digital Photography, Movie Making, studying for ACT/SAT exams, Resume writing, game playing and the list goes on and on. For more information on the Army CYS Technology Labs, call 787-707-3432.

U.S. Army
Child, Youth & School
Services

Unauthorized Child Care

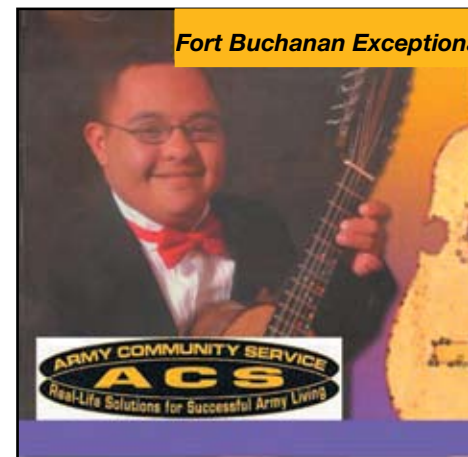
Please do not begin caring for children until you have been certified by the Garrison Family Child Care office

STOP

Providing unauthorized child care jeopardizes your eligibility for housing. Check with the Family Child Care Office to learn about FCC Certification. It's a good thing. Everybody wins.

For more information, please call
Carmen Dieppa, CDSC at Tel. 787-707-3598

Fort Buchanan Exceptional Family member Program Presents



**Ricardo C. Coloma Ayala
and Cesar Coloma**
**With the collaboration of
motivational speaker
Emilio Gándara**
**Oct. 22, 2008 at 9 a.m.
at Antilles High School**

PRIMEROS



A PROUD AND READY FORCE

PRimeros in the News

The 125th Military Police Detachment was activated in 2006 and tasked to be mobilized on Nov. 13, 2006 and was in Afghanistan from Feb. 14, 2007 to Feb. 14, 2008. Their primary mission was to provide Law and Order for more than 14,500 Soldiers.



Photos by Capt. Anthony John

Soldiers and family members joined together to celebrate the return of their loved ones during the 125th Welcome Home Warrior Citizen Ceremony at Ramos Hall, Fort Buchanan on Sept. 6, 2008. More than 30 Soldiers went to Afghanistan to provide Law and Order, Command and Control, Personnel Administration and Logistical Support to the 82nd Airborne. The Soldiers who were honored for their deployment are listed as follows: Lt. Col. Antonio Pietri, Lt. Col. Ricardo Guerrero, 1st Lt. Carlos Rivera, Master Sgt. Walter Gonzales, Sgt. 1st Class Jose Leon, Sgt. 1st Class Gualberto Gonzales, Sgt. 1st Class Leonard Ortix, Staff Sgt. Luis Roman, Sgt. Jose Antonio Aviles Caban, Sgt. Ryan Boetcher, Sgt. Armando Luis Figueroa, Sgt. Jose Garcia, Sgt. Felix Garcia, Sgt. Noel Irizarry, Sgt. Wagner Pedraza, Sgt. Victor Quiles, Sgt. Einar Ramos Lopez, Sgt. Francisco Rivera, Sgt. Edwin Rodriguez, Sgt. Juan Rodriguez, Sgt. Jose Serrano, Sgt. Pablo Kilgore, Sgt. Josue Ubiles, Sgt. Antonio Vazquez, Cpl. Jose Perez, Cpl. Alejandro Roman, Spc. Ezequiel Arroyo, Spc. Omar Aviles, Spc. Orlando Caldero, Spc. Julio Castro Camacho, Spc. Lisette Hernandez, Spc. David Maldonado, Spc. Jose Morales, Spc. Javier Munoz, Spc. Giojan Nieves, Spc. Anthony Nieves, Spc. Jorge Perez, Spc. Willy Rivera, Spc. Robert Garcia, Spc. Jorge Rodriguez, Spc. Jeanne Santos, Spc. Wilfredo Soto, Spc. Atram Texidor, Spc. Jabriel Torres, and Pvt. Juan Rosa.



Netya Perez and three-year old daughter Jadia Morales show how happy they are to have Spc. Jose Morales of the 125th Military Police Detachment back after his deployment that lasted from Nov. 13, 2006 till Feb. 22, 2008.



Photos by Capt. Anthony John

Having just received the "Garita" unit patch from Spc. Bayoan Reveron (middle), 430th Quartermaster Company, Ned L. Siegel, U.S. Ambassador to the Bahamas, respectfully places the "Garita" unit patch close to his heart where he promised that he would keep our interests and support. Left to right are – Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, Ned L. Siegel, Specialist Reveron, Staff Sgt. Thania Cesareo and Sgt. Elamar Quinones, 271st Human Resources Company. General Elmo is also the Deputy Chief of Mission at the U.S. Embassy in the Bahamas.



Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, Fort Buchanan, Puerto Rico, presented a briefing titled "Being a Reserve Soldier in 2008" brief on a broadcast to a global audience on the Nassau, Bahamas Morning Boil talk show. Hosts Eddie Carter and Krissy Love host the number one talk show in the Bahamas heard on Island 102.9 FM from 7:30 a.m. - 10 a.m., Monday through Friday, and also online at Web site www.islandfmonline.com. The duo interviewed Staff Sgt. Thania Cesareo and Sgt. Elamar Quinones, 271st Human Resources Company and Specialist Bayoan Reveron, 430th Quartermaster Company, about their military experiences in either Afghanistan or Iraq.

PRimeros honored at Medalla Defensores de la Libertad ceremony



During the Sept. 11, 2008 Medalla Defensores de la Libertad sponsored by the Asamblea Legislativa de Puerto Rico held at the Robert Clemente Coliseum, Anabelle Fernandez, mother of Sgt. Ricardo X. Rodriguez (Fallen Soldier); Luz M. Jimenez, mother of Francisco Martinez (Fallen Soldier); Ada H. Torres, mother of Sgt. Ramon Reyes Torres (Fallen Soldier); Cynthia Reyes, widow of Sgt. Ramon Reyes Torres; Mary I. Ramos, sister of Sfc. Miraisdio Ramos (Fallen Soldier); Daniel Martinez, father of Staff Sgt. Francisco Martinez (Fallen Soldier); Jose L. Estrada, father of Marine Cpl. Yull Estrada (Fallen Marine); Wanda I. Rodriguez, mother of Cpl. Estrada holding his picture above her head; Gloria Velazquez Perez, mother of Sgt. Angel D. Mercado Velazquez (Fallen Soldier); Digna E. Rodriguez, widow of Cpl. William Lopez Feliciano (Fallen Soldier); Haydee Feliciano, mother of Cpl. Lopez, Efrain Lopez; father of Cpl. Lopez, Beverly; Kimberly and Widiel Lopez children of Cpl. Lopez, were present in honor of their loved ones who made the ultimate sacrifice.



Photos by Capt. Anthony John

The Puerto Rico legislature met at San Juan's Roberto Clemente Coliseum for the second time in the Global War on Terror to honor Puerto Rican Soldiers. More than 500 Soldiers of the 1st Mission Support Command, Fort Buchanan, Puerto Rico stand during the Patriot Day Ceremony Sept. 11, 2008. Other units from Puerto Rico's National Guard were also honored.

1st MSC mentors teenagers through PR Youth Challenge



1st Mission Support Command Sergeant Major Marcial O. Felix congratulates and consoles teary eyed Cadet Sasha Lopez, a graduate of the Puerto Rico National Guard Youth Challenge 22-week program, who was overwhelmed by the moment after accomplishing success in the program by receiving awards for individual achievement.



Photos by Capt. Anthony John

Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, presents the "Garita" unit patch to 17-year old Brian Vallejo Samalot of Bayamon, who just participated in the Puerto Rico National Guard Youth Challenge Graduation held in Guayama, Puerto Rico which symbolizes him being added to our 1st MSC family. Standing to the far left is Sgt. 1st Class Jose Cuevas, 1st MSC Logistics, who served as his mentor during the 22-week program. Command Sergeant Major Marcial O. Felix also had words of encouragement for the cadet to look towards the future and even possibly joining his command in the future.

393rd CSSB wraps up Panamex '08 in Guatemala

Capt. Anthony John
1st MSC PAO

Panamex 2008, Aug. 6 - 31, involved training the Conference of Central American Armed Forces Battalion or as it is known in Central America, the Conferencia de las Fuerzas Armadas Centroamericanas.

Over a period of 24 days, in the mile-high city of Coban, Guatemala at CREOMP AZ, more than 700 Soldiers from the CFAC nations - Guatemala, El Salvador, Honduras, and Nicaragua - received Peace Keeping Operations collective tasks training on Patrolling, Convoy Operations, Cordon and Search and Securing a Distribution Site.

The PKO Soldiers received three modules of training that is in compliance with the United Nations Charter Mandate Chapter Six. The first module of training lasting five days was classroom

based and taught basic theory of peace keeping operations. The second module lasted 11 days and was comprised of hands-on practical exercises. The last module was four days long and was comprised of a graded field exercise culminating all the tasks that the Soldiers learned. In between each module, the Soldiers enjoyed Morale, Welfare and Recreation activities which incorporated local establishments and cultural sites.

Instructors and observer/controllers from Guatemala; El Salvador; Honduras; Nicaragua; Uruguay; Brazil; France; Chile; Argentina; Dominican Republic; U.S. Army South, San Antonio, Texas and the U.S. Army Reserve 1st Mission Support Command, Fort Buchanan, Puerto Rico lent their expertise.

The first course in Basic Soldiering for the CFAC Battalion was an overall success, stated Capt. Carlos Ramirez, Officer in Charge of the Panamex 2008 training lanes and member of the 393rd CSSB.



Master Sgt. Christopher Burgos, 393rd Combat Sustainment Support Battalion, explains to Guatemalan Soldiers the proper use of the sandbox as a tool to plan their different courses of action to accomplish the task of patrolling in accordance with the United Nations standard during Panamex 2008 held in Coban, Alta Verapaz, Guatemala.



Master Sgt. Crespo Anselmo Nieves, 393rd CSSB, talks to El Salvadoran Soldiers about convoy operations; Convoy & Convoy Escorts; Vehicle Checkpoints; Reports and United Nations Communications as a part of Panamex 2008 which was held at Coban, Alta Verapaz, Guatemala.



Photos by Capt. Anthony John

Spc. Nelson Pagan, 301st Military Police Company, receives his completion certificate from Coronel de Infanteria DEM Miguel Angel Perez Lopez, Comandante del Comando Regional de Entrenamiento de Operaciones de Mantenimiento de Paz, CREOMPAZ, Coban, Guatemala for his participation in Panamex 2008.

Renacer '08 successful completion in Dominican Republic exercise



As part of Renacer 2008 held in the Dominican Republic Aug. 4 - 12, the 301st Military Police Company, a subordinate unit of the 393rd Combat Sustainment Support Battalion, had the lead in training the Soldiers of the Dominican Republic Primera Brigada del Ejercito Nacional on various United Nations sanctioned tasks such as Convoy Operations, Cordon and Search and Patrolling. The "Cimarrones" shown here listens intently to the After Action Review comments of 1st Lt. Angel Rijos, 301st MP Co., on how they performed their required tasks — Cordon & Search, Liaison & Negotiations, Reports and UN Communications at the Military Operations in Urban Terrain site, a full scale mock up of a local town.

(Right) Lt. Col. Antonio Martinez, physician, 369th Combat Support Hospital, Puerto Nuevo, Puerto Rico, and on loan to the 1st Mission Support Command Surgeon's Office, Fort Buchanan, Puerto Rico, performs a medical evaluation on a Dominican Republic Soldier from Primera Brigada del Ejercito Nacional de Republica Dominicana for a possible torn ligament received during training of Renacer 2008. Col. Ileana Fernandez, chief nurse, 1st MSC Command Surgeon's office, stands at the Soldier's side checking his blood pressure, pulse rate and his temperature. Master Sgt. Jesus Ortiz, 1st MSC Command Surgeon NCOIC stands at the ready to assist Martinez.



Photos by Capt. Anthony John